

INTRO TO

Mental Fitness For Busy Professionals

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Welcome!



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Learning Objectives

- Understanding mental fitness & how it relates to mental health & emotional health
- Deepen understanding of thoughts, emotions, and feelings
- Learn how mindfulness can reduce stress, improve focus, and foster a positive mindset
- Acquire a toolkit of mental fitness practices for daily use



Important Rules

- ♡ No judgment zone
 - ♡ No "wrong answers"
 - ♡ Sharing is caring principle
 - ♡ Positivity pledge
 - ♡ The fun factor
-



Disclaimer

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PRESENTER - VIMAL BAVA, CPA

I'm **Vimal (Vee-Mull)**

- Accountant
- A Mental Fitness Coach
- Mindfulness Teacher
- Doctoral Student

Let's start "**GROWING**" through our human journey instead of just "**GOING**" through it!



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MY
STORY

The image shows a set of wooden blocks arranged to spell out the words 'MY STORY'. The word 'MY' is formed by two blocks stacked on top of each other, with 'M' on the left and 'Y' on the right. Below this, the word 'STORY' is formed by five blocks in a single row: 'S', 'T', 'O', 'R', and 'Y'. The blocks are light-colored wood with black, sans-serif capital letters. The background is a light blue-grey surface with several other wooden blocks scattered and out of focus.

What Is Mental Fitness?

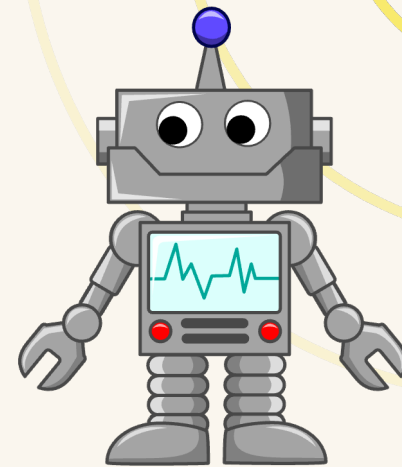
- ♡ Mental fitness refers to the state of our psychological and emotional well-being.
 - Ability our to **cope with stress**, maintain **positive relationships**, and **adapt to change**.
 - ♡ Just like physical fitness, mental fitness is **essential** to our **overall health** and **well-being**.
 - ♡ **Physical** fitness programs & exercises → **Body**
Mental fitness programs & exercises → **Mind**
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Why Is It Important?

- ♡ Our **lives** have become **faster** and **more complex**
 - ♡ **Bombarded** with **thousands** of pieces of **information** on a daily basis and on top of that we're **learning** all kinds of **new** apps & programs
 - ♡ Enables us to **navigate challenges with resilience**, **maintain focus** amid distractions, and cultivate a **positive mindset**
 - ♡ Helps us effectively **combat stress** and **anxiety**
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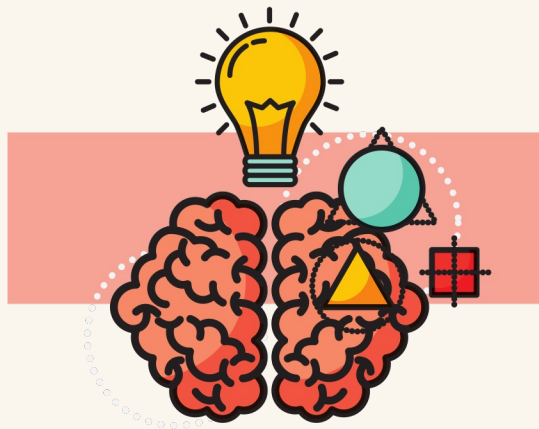
**What Is The
Most Advanced
Piece of
Technology In
The World?**



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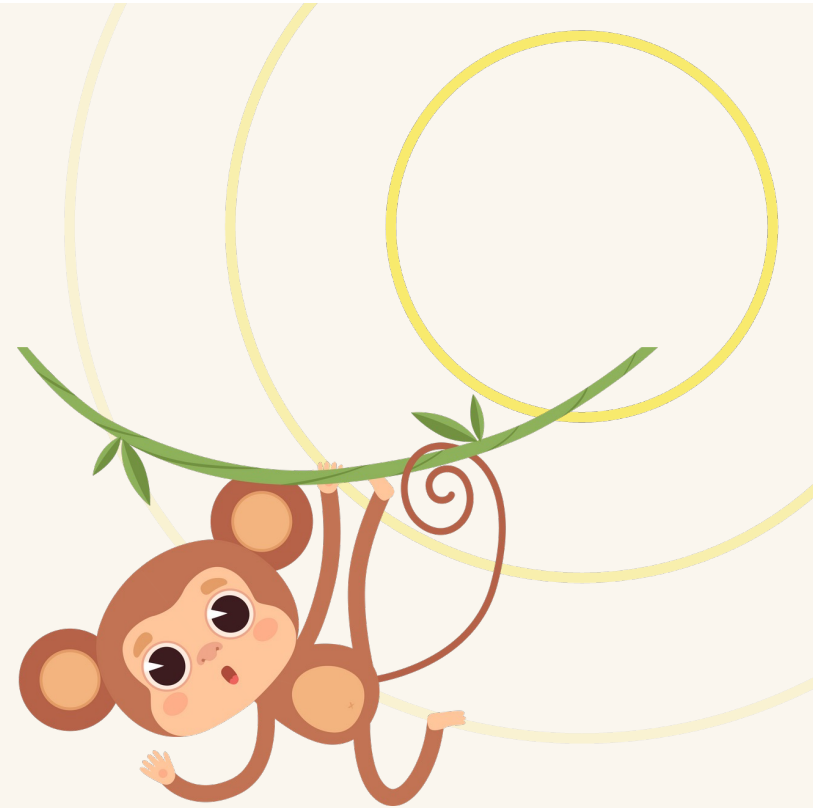
The Mind

- Essentially the **energy** or **power** we create through our **thinking, feelings, and actions**



The Monkey Mind

- ♡ Our mind is **always busy, jumping** from **thought** to **thought**
 - ♡ Mental fitness practices help **train** your **mind** to **focus** better and **handle** stress, like a gym workout for your brain
 - ♡ Mindfulness teaches your "monkey mind" to **calm down** and **enjoy** the present moment
-




Negative Feelings, Thoughts & Emotions

♡ **Unpleasant** mental or emotional **experiences**

- Irritation
 - Anger
 - Sadness
 - Fear
 - Anxiety
 - Self-criticism
 - Fear of rejection
 - Resentment
 - Envy
 - Jealousy
 - Shame
 - Guilt
 - Embarrassment
-

Where Do They Come From?

♡ **Internal & external** sources

- Tiny voices inside us (self-limiting beliefs)
- Stressful day at work
- Fight with a friend
- Conflict at work or with a client
- Social media* 

♡ **Not** living in the **present moment**

The Internal Tiny Voices

♡ **Positive Intelligence** by Shirzad Chamine

♡ **Saboteurs:**

- Judge
 - Stickler
 - Pleaser
 - Hyper-achiever
 - Victim
 - Hyper-rational
 - Hyper-vigilant
 - Restless
 - Controller
 - Avoider
-

How Can We Get Rid Of Them?

- ♡ **You** can not completely eliminate them*
 - ♡ They are a **natural part** of our **human experience**
 - ♡ They are **only good for a 'split second'**
 - ♡ With **mental fitness** we can handle these **negative** emotions, thoughts & feelings in a **positive** way
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Glass Of Water

♡ What happens when you hold
a glass of water for too long?



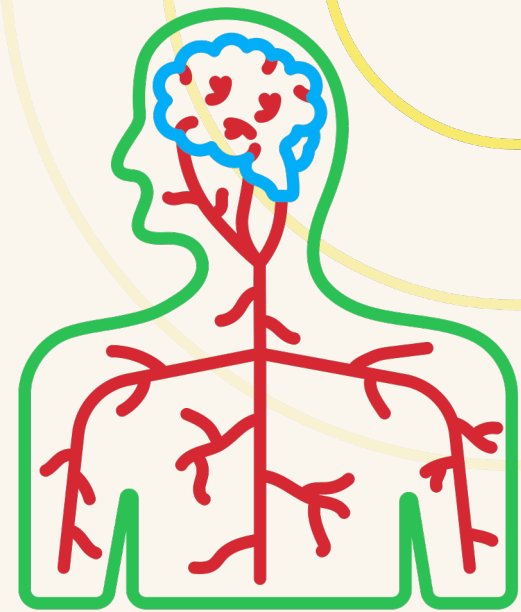
Negative Feelings, Thoughts & Emotions

♡ Snow Globe



The Mind Body Connection

- ♡ There's a **connection** between what happens in the **mind** & in the **body**
- ♡ Chronic **stress** & **anxiety** can all have **negative** effects on the **body**
 - Increased inflammation
 - Weakened immune system
 - Increased risk of heart disease



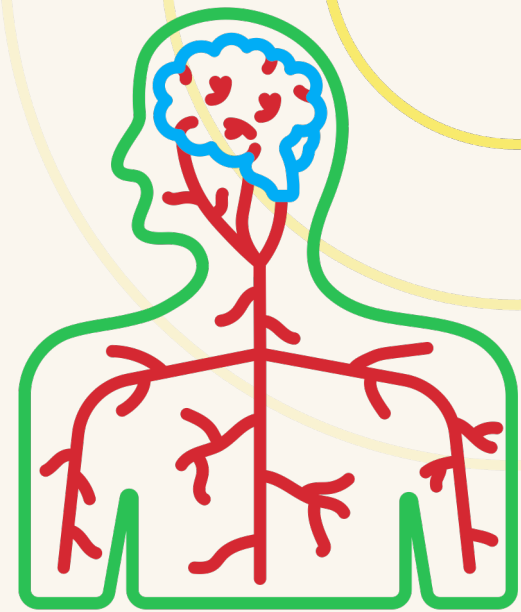
The Physical Impact

♡ The **physical impact** of negative thoughts, feelings, & emotions:

- Headaches
 - Fatigue
 - Upset stomach
 - Difficulty sleeping
 - Heart conditions
 - Memory problems
 - Depression
 - Anxiety
-

The Mind Body Connection

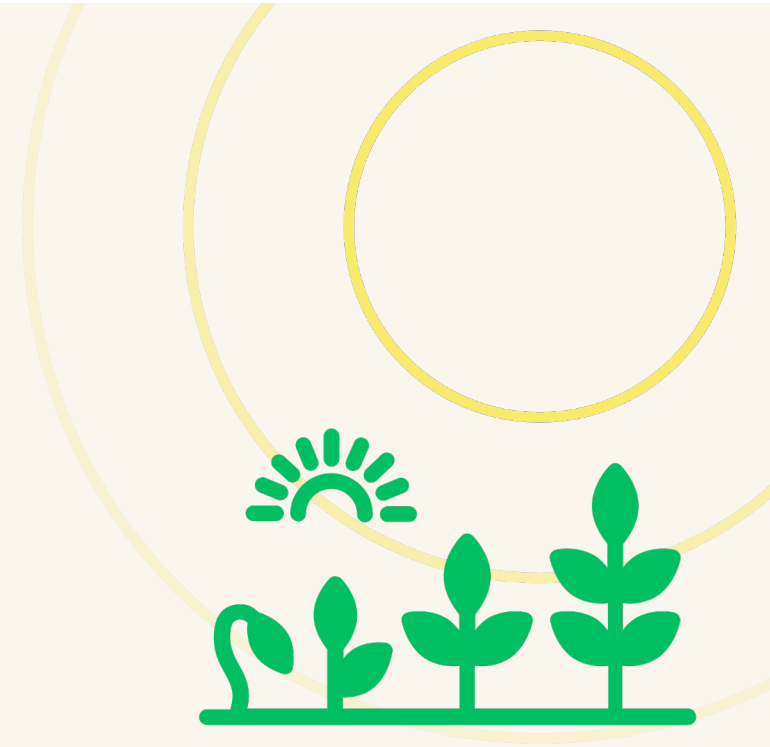
♡ Let's do an experiment



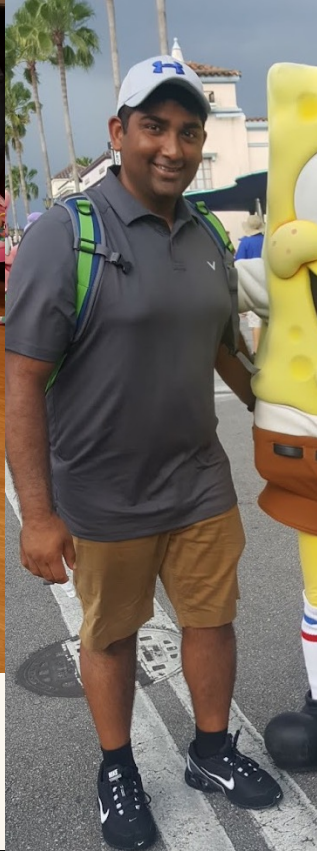
Mind → Body

Visual Demo

- ♡ My own physical transformation
 - ♡ Prior to 2018 I lived an unhealthy life both physically & mentally
 - ♡ After I got serious about my mental fitness, not only did I start seeing improved mental health, but my physical health also transformed
-



♥ Me circa
2015-2017



♡ Me circa
2018-219



Real World Sources

♡ Let's talk about stress

♡ Sources of stress for **(busy)** humans:

- Work
- Expectations
- Conflicts
- Change
- Comparisons
- Too many choices
- Too much stuff (i.e. clutter)



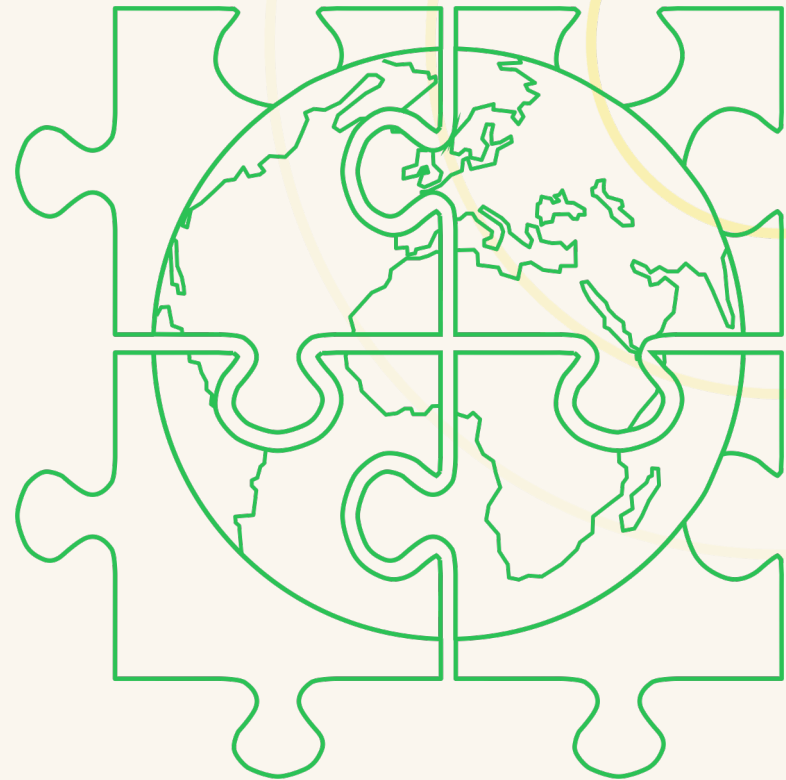
Group Brainstorming

- ♡ **Let's do some group brainstorming**
 - ♡ What are some sources of **negative feelings, thoughts, or emotions** for you?
 - Work/business/professional
 - Personal
 - General world/society
 - ♡ **www.MentiMeter.com**
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Quick Story

♥ Fixing the person fixes the world



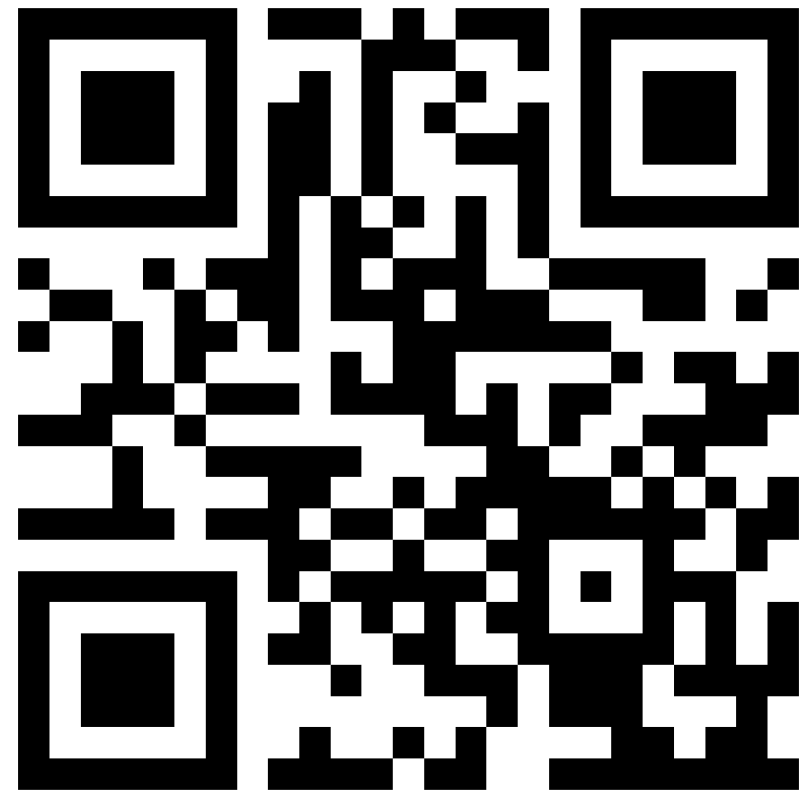
Self Assessment

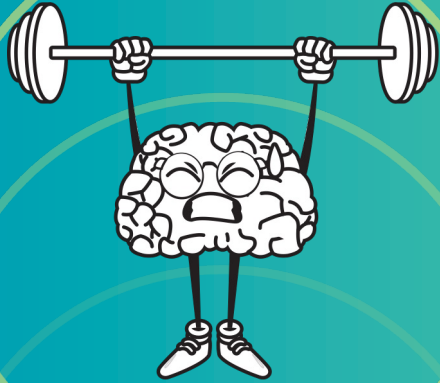
♥ **1st step** to transformation: **know**
where you stand

Scan



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What Are Some Mental Fitness Practices?

♥ Practical tips and advice

Let's Do A Poll

♡ How often do you practice mindfulness or similar practices?

- Daily
- 2-3 times a week
- 2-3 times a month
- Once in a blue moon
- Never



Let's Talk About Mindfulness

- ♡ Focusing your **attention** on the present moment & **acknowledging** and **accepting** your **feelings**, **thoughts** & bodily **sensations**.
 - ♡ It's a state of being.
 - ♡ Not a religious or spiritual practice. It's a scientifically backed practice.
 - ♡ Not a one time practice.
-



Let's Talk About Mindfulness

- ♡ Mindfulness can be practiced in short bursts throughout the day.
 - ♡ A way of paying attention & being present in the moment, **not** a way to change or control the present moment.
 - ♡ Helps us better understand our own emotions, thoughts & feelings.
 - ♡ Helps us "**respond**" to situations & conditions.
-



Benefits Of Mindfulness

- ♡ Many scientific research studies have been conducted
 - ♡ Reduction in **burnout & stress**
 - ♡ Improved **relationships** - at home & work
 - ♡ Improved **focus & attention**
 - ♡ Improved **productivity**
 - ♡ Improved **physical health**
-



Self- Compassion

♡ When we are mentally healthy, we can realize our abilities, cope with stress, work productively, and contribute to society.



Types Of Mindfulness Practices

- ♡ Through meditation, yoga, tai chi, walking, dancing, cooking, gardening, brushing teeth & many more ways!
 - ♡ Mindful breathing
 - ♡ Mindful eating
 - ♡ Body scan
 - ♡ Mindful observation
 - ♡ Journaling
-



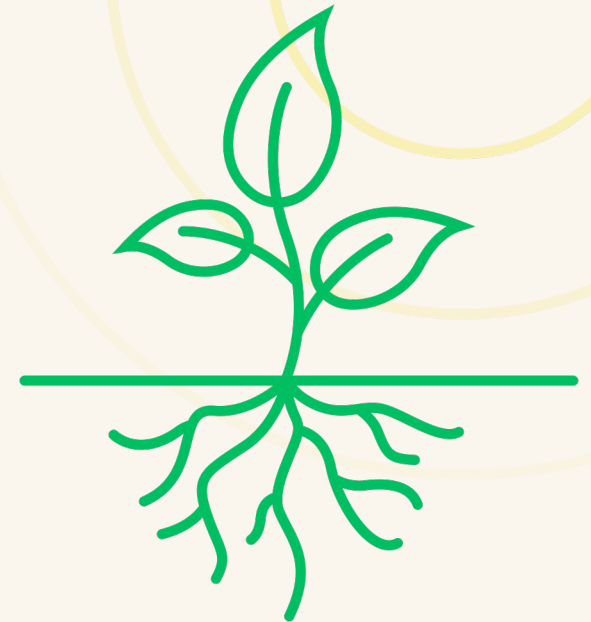
Practicing Gratitude

- ♡ Increase feelings of happiness and well-being
 - ♡ Focusing on positive aspects of life reduces stress & anxiety
 - ♡ Strengthens relationships
 - ♡ **Gratitude circle**
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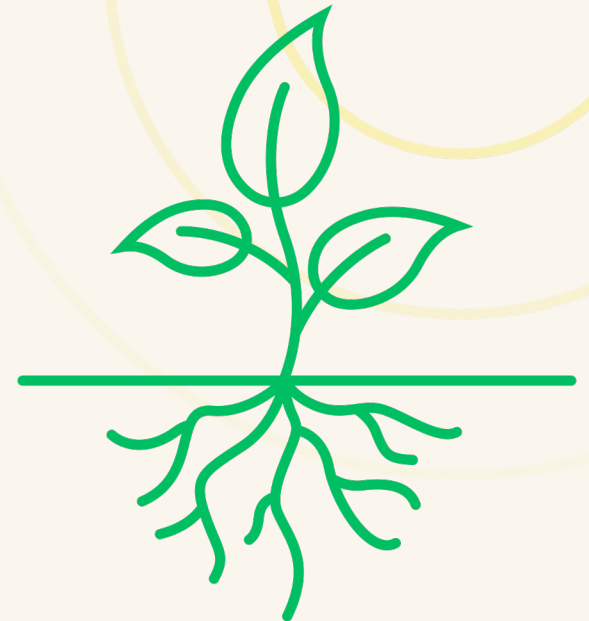
Let's Talk About Grounding

- ♡ A form of **mindfulness**
 - ♡ Focuses on **reconnecting** with the **physical** world around us
 - ♡ Directs attention downward to the earth, **grounding** us in the **present** moment
 - ♡ Helps enhance **concentration & focus**
 - ♡ Increases **self-awareness**
-



Types Of Grounding Practices

- ♡ **5-4-3-2-1** technique
 - ♡ Physical Grounding
 - ♡ Grounding Objects
 - ♡ Visualizations
 - ♡ Temperature, surroundings, environment
-



Grounding Visualization Practice

♡ 5-4-3-2-1 technique

♡ 5 - sight

♡ 4 - touch

♡ 3 - hearing

♡ 2 - smell

♡ 1 - taste



Let's Talk About Breathing

- ♡ AKA **breathwork**
 - ♡ **Breathing** can be used as an anchor
 - ♡ **Consciously** controlling your breath
 - ♡ We can influence our nervous system
 - ♡ Boosts **energy**
 - ♡ Promotes **relaxation**
-



Types Of Breathing Practices

- ♡ **Box** breathing
 - ♡ **4-7-8** breathing
 - ♡ **Belly** breathing
 - ♡ **Alternate nostril** Breathing
 - ♡ **Pursed lip** breathing
 - ♡ **Humming bee** breathe
-



Let's Try A Breathing Practice

- ♡ **Humming bee**
- ♡ Take a deep breath in.
As you breathe out, maintain a **closed** mouth and produce a **humming noise**.
- ♡ Take a deep breath in. As you breathe out, continue to hum.

Repeat this sequence for several breathing cycles.



Positive Affirmations

- ♡ **Short, powerful** statements that help you to control your thoughts & establish a **positive** mindset.
 - ♡ Can be **written, spoken,** or **thought** multiple times throughout the day.
 - ♡ **Consistent** and **persistent** practice can yield significant benefits over time.
-



Positive Affirmations

AFFIRMATION	MEANING	WHEN TO USE IT?
I choose positivity & happiness.	This affirmation empowers you to consciously choose a positive outlook & happiness.	Use this affirmation when you're feeling down or facing negativity.
I am worthy of success & abundance.	This affirmation affirms your worthiness of success & abundance in all areas of life.	Use this affirmation when setting goals or envisioning your future.
I am a magnet for opportunities & positivity.	This affirmation helps you attract positive experiences & opportunities.	Use this affirmation when starting a new project or seeking new opportunities.



Positive Affirmations PDF



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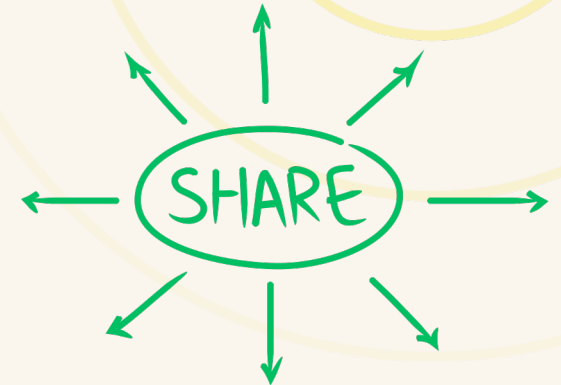
**9 + POSITIVE
AFFIRMATIONS
PDF**

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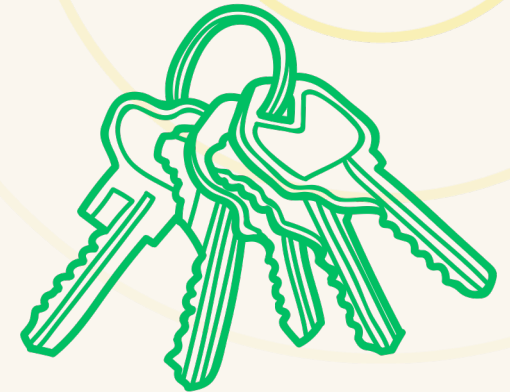
Sharing Mental Fitness

- ♡ **Lead by example**
 - ♡ **Encourage open conversations**
 - ♡ **Organize group activities**
 - ♡ **Share tools & resources**
 - ♡ **Foster a supportive environment**
 - ♡ **Advocate for mental fitness training**
 - ♡ **Celebrate progress**
-



Keys To Success

- ♡ Follow along with **guided practices**
 - ♡ Start small and take baby steps
 - ♡ **Consistency** - make an appointment on your calendar
 - ♡ **Don't take life too seriously!**
-



Food For Thought

♡ "The mind is just like a muscle — the more you exercise it, the stronger it gets and the more it can expand." - Idowu Koyenikan

Let's Do A Guided Practice

- ♡ Some tips/tidbits for the guided practice:
 - ♡ Try to keep your **eyes closed** the whole time
 - ♡ Place your hands on your legs with your palms facing up
 - ♡ Normal gentle breathing in & out of your **nose, nothing forceful**
 - ♡ Use your breathing as an anchor if your mind wanders away
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Guided Practice

♡ Go ahead & close your eyes and just follow along

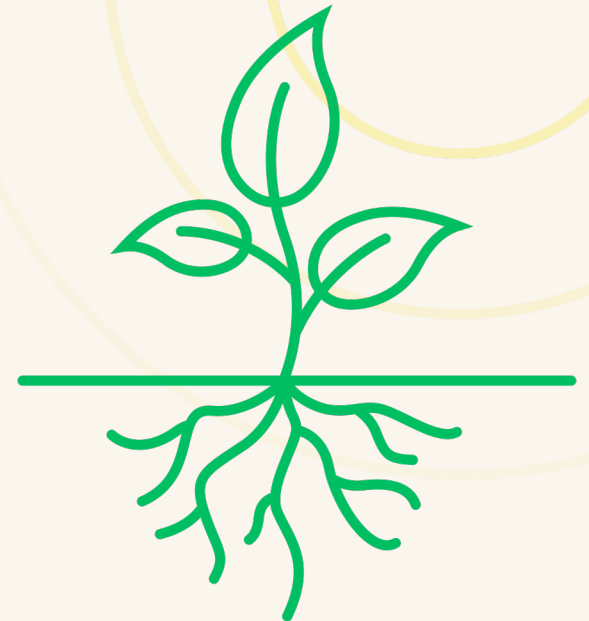


Open Your Eyes

♡ With a BIG smile on your face, go ahead & gently
open your eyes

Next Steps

- ♡ **Commit to One Small Change**
 - ♡ **Create a Mindfulness Space**
 - ♡ **Join a Mental Fitness Community**
 - ♡ **Explore Further Learning Opportunities**
 - ♡ **Share Your Journey**
-



A Small Gift From Me

♡ A daily reminder **card** with mindfulness tips & exercises you can keep at your desk or in your bag

Daily
MINDFULNESS
by Positive 90

MINDFUL OBSERVATION

1. Choose an object in your environment & focus on it for a minute or two.
2. Notice its color, shape, texture & other details.
3. If your mind wanders, gently bring it back to the object.

MINDFUL EATING


1. Choose a small piece of food (like a piece of fruit or a snack).
2. Before you eat it, take a moment to look at it closely, feel the texture & try to sense the scent of it.
3. As you eat it, chew slowly & pay attention to its taste & texture.

GRATITUDE PRACTICE

Take a moment each day to write down or think about three things you're grateful for.

REMEMBER, THE KEY TO MINDFULNESS IS TO PRACTICE REGULARLY. EVEN A FEW MINUTES EACH DAY CAN MAKE A BIG DIFFERENCE. ENJOY YOUR MINDFULNESS JOURNEY!

Disclaimer: The mindfulness practices provided on this card are intended for general wellness purposes and are not a substitute for professional medical advice, diagnosis, or treatment. If you have any health concerns or if you are experiencing severe stress or anxiety, please seek the advice of your healthcare provider.



Daily
MINDFULNESS
by Positive 90

MINDFUL BREATHING

1. Sit comfortably & close your eyes.
2. Take a deep breath in, hold for a moment & exhale slowly.
3. Focus on the sensation of your breath entering & leaving your body.
4. If your mind wanders, gently bring it back to your breath.

BODY SCAN

1. Sit or lie down comfortably.
2. Close your eyes & take a few deep breaths.
3. Gradually bring your attention to different parts of your body, starting from your toes & moving up to your head.
4. Notice any sensations, tension, or relaxation in each part.

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Thank you!

♥ **Additional Resources & Contact Info:**

 www.Positive90.com

 **Email:** vb@positive90.com

♥ **Newsletter: 5-Minute Friday**
www.TheBackpackCPA.com



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